



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01223, Protein supplement, milk based, Muscle Milk, powder

Report Date: July 11, 2017 15:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 11g
Proximates					
Water	g	15.00	--	--	1.65
Energy	kcal	411	--	--	45
Energy	kJ	1720	--	--	189
Protein	g	45.71	1	--	5.03
Total lipid (fat)	g	17.14	1	--	1.89
Ash	g	3.65	--	--	0.40
Carbohydrate, by difference	g	18.50	--	--	2.04
Fiber, total dietary	g	7.1	1	--	0.8
Sugars, total	g	5.71	1	--	0.63
Minerals					
Calcium, Ca	mg	500	1	--	55
Iron, Fe	mg	8.57	1	--	0.94
Magnesium, Mg	mg	200	1	--	22
Phosphorus, P	mg	643	1	--	71
Potassium, K	mg	1129	1	--	124
Sodium, Na	mg	329	1	--	36
Zinc, Zn	mg	7.14	1	--	0.79
Copper, Cu	mg	1.000	1	--	0.110
Selenium, Se	µg	33.8	--	--	3.7
Vitamins					
Vitamin C, total ascorbic acid	mg	30.0	1	--	3.3
Thiamin	mg	0.714	1	--	0.079

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 11g
Riboflavin	mg	0.857	1	--	0.094
Niacin	mg	10.000	1	--	1.100
Pantothenic acid	mg	5.714	1	--	0.629
Vitamin B-6	mg	1.000	1	--	0.110
Folate, total	µg	200	--	--	22
Folic acid	µg	200	1	--	22
Folate, food	µg	0	--	--	0
Folate, DFE	µg	340	--	--	37
Choline, total	mg	81.6	--	--	9.0
Vitamin B-12	µg	3.00	1	--	0.33
Vitamin B-12, added	µg	3.00	--	--	0.33
Vitamin A, RAE	µg	750	--	--	82
Retinol	µg	750	--	--	82
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	2500	1	--	275
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	7.07	1	--	0.78
Vitamin E, added	mg	7.07	--	--	0.78
Vitamin D (D2 + D3)	µg	5.0	1	--	0.6
Vitamin D3 (cholecalciferol)	µg	5.0	1	--	0.6
Vitamin D	IU	200	1	--	22
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1
Lipids					
Fatty acids, total saturated	g	1.553	--	--	0.171
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 11g
16:0	g	0.621	--	--	0.068
18:0	g	0.932	--	--	0.103
Fatty acids, total monounsaturated	g	12.105	--	--	1.332
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	11.640	--	--	1.280
20:1	g	0.309	--	--	0.034
22:1 undifferentiated	g	0.156	--	--	0.017
Fatty acids, total polyunsaturated	g	1.770	--	--	0.195
18:2 undifferentiated	g	1.709	--	--	0.188
18:3 undifferentiated	g	0.061	--	--	0.007
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	21	1	--	2

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0